

Mom's Moment: Fall Stress Busters

Written by Nadine Bubeck



Most of us moms are in the process of making that summer to fall transition- a time when we try to savor the last of vacation while prepping our kids for the new school year. So like you, I'm sure, I'm all for trying anything that would help make my life easier, as the start of fall can be somewhat hectic. This can be an especially stressful stage if you're juggling a newborn, toddler, and school-aged child.

I came across a compelling new video from WaterWipes, showing how moms can take pressure off themselves by learning to trust their instincts. It's all about following your heart and the direction from your baby.

[CLICK HERE TO WATCH.](#)

Here are 5 timely tips from [WaterWipes](#) that show new moms how to soothe away late summer stress:

- **Push Back Against Pressure:** Don't feel pressured to plan that final weekend getaway or start reorganizing closets for the upcoming change of seasons – spend these early weeks focused on your newborn and getting used to your new life.
- **Turn Off the Noise:** New Moms get a lot of advice – online and off; solicited and unsolicited. If it becomes overwhelming, don't hesitate to focus solely on what works for you and your baby. Remember, you are all your baby needs!
- **Try Saying “No:”** With fall right around the corner, invitations will soon begin to arrive – from friends and organizations alike – looking to reconnect after the long summer. In these first few weeks of your baby's life, do what's right for the both of you – not what's expected – and remember “no” is an OK response.
- **Turn Baby Care into Bonding Time:** To help feel more confident about caring for your baby, look for opportunities to turn baby care basics – such as diaper-changing – into bonding time. After wiping and diapering, place baby skin-to-skin against your chest and take note of your natural ability to calm and soothe your newborn.
- **Think Instincts:** Moms intuitively know how to care for their new babies – but it can be difficult to remember that in the middle of the night. Just remember to trust your instincts – and don't let anything come between you and your newborn.